



# GUYS, THIS IS YOUR WELLNESS CHECKLIST

Use it to stay up to date and in the know about your health.

**The top six things you can do to live a healthier life:**

- Get recommended screening tests.
- Be tobacco-free.
- Be physically active.
- Eat a healthy diet.
- Maintain a healthy weight.
- Take preventive medicines if your doctor prescribes them.



The next time you go in for a checkup, bring this handy checklist along. Decide with your doctor which tests are right for you based on your age, gender and family history. Record the details here, like current and future test dates, results and any questions you need answered.

It's all about keeping you healthy so you can get more out of life. For more information, check out the Preventive Care Reference Guide on [myCigna.com](http://myCigna.com).

Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
Periodic physical, may include:					
Height					
Weight					
Body mass index (BMI)		18.5-24.9 <sup>1</sup>			
Waist circumference		40 inches or less <sup>1</sup>			
Vision screening					
Hearing screening					
Blood pressure (systolic) <sup>2</sup>		<b>High:</b> 140 or above <b>Prehypertension:</b> 120-139 <b>Normal adult:</b> 119 or below			
Blood pressure (diastolic) <sup>2</sup>		<b>High:</b> 90 or above <b>Prehypertension:</b> 80-89 <b>Normal adult:</b> 79 or below			
Additional recommended screenings:					
Diabetes screening (glucose)		Adults with sustained blood pressure greater than 135/80 <b>Desirable range:</b> Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/lipid disorders screenings		Ages 35 and older, or ages 20-35 if risk factors			
– Cholesterol (total) <sup>3</sup>		<b>Desirable:</b> Less than 200 mg/dL <b>Borderline high:</b> 200-239 mg/dL <b>High:</b> 240 mg/dL or higher			

**GO YOU**<sup>SM</sup>



Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
– HDL cholesterol <sup>3</sup>		<b>Desirable (high):</b> More than 60 mg/dL <b>Acceptable:</b> 40-60 mg/dL <b>Undesirable (low):</b> Less than 40 mg/dL			
– LDL cholesterol <sup>3</sup>  <i>Note: High risk individuals should discuss their goals with their doctor.</i>		<b>Desirable:</b> Less than 100 mg/dL <b>Near desirable:</b> 100-129 mg/dL <b>Borderline high:</b> 130-159 mg/dL <b>High:</b> 160-189 mg/dL <b>Very high:</b> 190 mg/dL or higher			
– Triglycerides <sup>3</sup>		<b>Desirable:</b> Less than 150 mg/dL <b>Borderline desirable:</b> 150-199 mg/dL <b>High:</b> 200-499 mg/dL <b>Very high:</b> 500 mg/dL or higher			
Prostate screening (PSA)		Ages 50+, or age 40 if risk factors			
Ultrasound for abdominal aortic aneurysm (AAA)		Ages 65-75 who have smoked			
Colorectal cancer screening		Ages 50+			
<b>Immunizations, including:</b>					
Hepatitis A and B		Those at risk			
Influenza vaccination		All adults, annually			
Pneumonia vaccination		Once for those ages 65+, or younger if risk factors			
Tetanus vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up or if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

**NOTE:** The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns.

**Coverage exclusions:** This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see the Evidence of Coverage, Insurance Certificate or Summary Plan Description.

<sup>1</sup> National Heart, Lung and Blood Institute; Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.

<sup>2</sup> National Heart, Lung and Blood Institute; Seventh Report of the Joint National Committee on Preventions, Detection, Evaluation and Treatment of High Blood Pressure (JNC7).

<sup>3</sup> National Heart, Lung and Blood Institute; National Cholesterol Education Program, Adult Treatment Panel III.



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